



A Social Story: Hugging



**Sometimes people who know each other
well like to hug.**

I like to hug people that I know.



I only hug people that I know.

I only hug people that want me to hug them.



I always ask: “Can I give you a hug?” before hugging someone.

It is good to check that they want to be hugged.



If they say yes, I can hug them.



If they say no, that is ok.
They might want to hug me next time.



If I want a hug I ask: “Can I have a hug?”

It is good to check that they want to hug me.



If they say yes, I wait for them to hug me first.



If they say no, that is ok. They might want to hug me next time.



When I want a hug, I can also hug a pet.

I am gentle because I don't want to hurt or scare the pet. Pets can scratch or bite if they are scared.



When I want a hug, I can also hug a teddy or toy.

I can hug a teddy as hard as I like! I make sure I don't break the teddy or toy.



I must always be gentle when hugging people. I put my arms around their shoulders and don't squeeze too hard.



Hugging makes me feel good. It helps me show someone that I like or love them.



Hugging

I like to hug people I know.

I only hug people when they want me to.

I always ask someone before hugging them.

Its ok if they say no, they still like me.

I can hug pets but I must be gentle.

I can hug teddies as much as I like.